

IT'S YOUR CHOICE... Make It Healthy!

Commissary Clues to Increase Fruits and Vegetables in Your Diet

Choose 100% juice rather than
sugary drinks

Keep the serving size small -- 8 oz
(4 oz cup) of juice counts as one serving
Minimize calories and increase
dietary fiber, by choosing whole fruits
and vegetables for half of your daily
servings

Some juices are naturally high in
sugar, so read the Nutrition Facts
and Label (4g sugar = 1 tsp.)
Canned vegetables are nutritionally
equivalent to cooked, fresh or frozen
vegetables

- Include dark-green & orange vegetables like spinach, carrots, sweet potatoes, and pumpkin, and canned beans on a regular basis
- Canned and dried fruits are nutritionally equivalent to cooked, fresh or frozen fruits
- Light/heavy syrup adds sugar, so those packed in natural juice or water are a better choice
- Go to:
<http://www.fruitsandveggiesmatter.gov/>
to find out your individual recommended servings per day and find other useful information